

## Tips To Help You Take Your Medicine as Prescribed



### Take your medicine at the same time every day

- Try adding it with a daily routine, like brushing your teeth or getting ready for bed.
- Use timer caps for pill bottles. Some pill boxes have timers too.
- Alliance Members may qualify.
- Use a reminder or alarm feature on your mobile phone. You can set reminders for the same times every day.
- Check if your medicine should be taken on a full or empty stomach.



### Organize your medicine

- Use a pill container. Refill it at the same time each week. For example, every Sunday morning after breakfast.
- Ask your pharmacist if they have special packaging that can help remind you if you have taken your medicine.



### When traveling

- Bring enough of your medicine plus a few days extra, in case your return is delayed.
- If flying, keep medicine in your carry-on bag. Temperatures inside the cargo hold could damage your medicine.